

Life stages		
Life stage	Age	Example
Infancy	0 – 2 years	A rapid increase in PIES growth and development. Individuals are dependent on carers.
Early childhood	3 – 8 years	Physical skills rapidly develop and are mastered. Children become more independent.
Adolescence	9 – 18 years	Huge physical and emotional changes occur in this life stages as individuals begin puberty. Start to form a wide range of relationships.
Early adulthood	19 – 45 years	Peak physical maturity occurs here . This life stage often has a number of major life events, such as marriage and children.
Middle adulthood	46 – 65 years	Usually in this life stage adults change emotionally and socially due to the ageing process beginning.
Later adulthood	65 + years	All types of development can decline in this life stage eg reduction of social circles and cognitive ability as people become physically weaker.

Key terminology
<b>Life stage</b> = distinct phases of life that each person passes through
<b>Characteristic</b> = something that is typical of people at a particular life stage
<b>P.I.E.S</b> = physical, intellectual, emotional, social
<b>Growth</b> = describes increased body size in terms of height and weight
<b>Development</b> = involves gaining new skills and abilities such as riding a bike
<b>Classification</b> – involves grouping similar things into a category
<b>Milestone</b> – significant change in development
<b>Puberty</b> = process towards sexual maturity, preparing adolescents for reproduction
<b>Menopause</b> – ceasing of menstruation (periods)
<b>Mobility</b> = use of gross motor skills
Dexterity = use of fine motor skills
<b>Contentment</b> = feeling happy in environment
<b>Self-esteem</b> = how a person feels about themselves
<b>Self-image</b> = how a person sees themselves
<b>Attachment/bonding</b> = emotional ties an individual forms with others

Types of physical development	
Gross motor development	The skills acquired to control and coordinate large muscles – legs, arms and torso.
Fine motor development	The skills acquired to control and coordinate small muscles – hands, fingers and toes.
Top to toe	Development starts from the head down – gaining control of the head before their back muscles and legs
Inner to outer	Control starts from the body and moves out to the limbs , toes and fingers.
Same patterns at different rates	All infants and children pass through the same stages but they may do so at different ages – they cannot skip a stage

Types of development	
Physical	Describe growth patterns and changes in mobility of the large and small muscles in the body
Intellectual	Describe how people develop their thinking skills, memory and language
Emotional	Describes how people develop their identity and cope with feelings
Social	Describes how people develop friendships and relationships. Also, how to behave in society – ‘societal norms’.

TOPIC: Factors			
Factor	Definition	Example	Effects
<b>Physical</b>	Illness, inherited diseases and conditions that can affect development	Type 2 diabetes, cardiovascular disease, Cystic fibrosis, disability mental ill health	Pain, limited mobility, miss school/work, depression, anxiety, unable to socialise, delayed growth, loss of independence
<b>Lifestyle</b>	Choices by an individual which can affect growth and development	Exercise, diet, substance abuse eg drugs, alcohol, smoking	Cancers, type 2 diabetes, obesity, stiffness of joints, liver disease, lack of fitness, mood swings, infertility, delayed growth
<b>Emotional</b>	Learning how to cope with feeling and deal with relationships	Grief when a loved one dies	Mental ill health, turning to unhealthy lifestyle choices, contentment, attachment issues
<b>Social</b>	Experiences a person has with other people and the supportive and unsupportive relationship they have with them.	An unsupportive relationship with a sibling, bullying, discrimination	Social phobia, breakdown in relationships, trust issues, emotional security, dependant/independent, jealousy, rivalry
<b>Cultural</b>	Experiences a person has with groups of people, community groups or in a social setting	Being an active member of a religious community, gender roles, race, community participation	Inclusion/exclusion, proud, sense of belonging, security/insecurity, relationship issues
<b>Environmental</b>	The location, conditions, housing, pollution, environmental and amount a space a person lives in.	Growing up in a cramped flat, pollution	Low self-image/self-esteem, insecure, illness, accidents
<b>Economic</b>	The amount of money, income or savings a person has	Employment income, savings, retirement	Stress, anxiety, sense of achievement, security.

**Key terminology**

**Chronic** = long term illness. Symptoms may be eased but not cured.

**Acute** = illness comes on quickly, is short-term and can be cured eg flu

**Pollution** = harmful substances or irritants that cause damage to people

**Lifestyle** = involves the choices made that affect health such as diet and exercise

**Gender role** = is the role and responsibilities determined by a person's gender

**Bullying** = is the repetitive intention to harm, coerce or intimidate

**Discrimination** = treating a person or group of people differently from others

**Physiological** = relating to the function of parts of the body

**Role model** = someone a person admires and strives to be like

**Type 2 diabetes** = the level of sugar in the blood is too high

**Obesity** = someone who is an unhealthy weight

**Cardiovascular disease** = involves the heart and blood vessels